



Where Family, Fun & Fitness Come Together

Cold Springs Family Center Group Exercise Schedule

Effective: January 5th - January 31, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am-6:30am Pickleball BEGINNERS ONLY B-ball Ct.	5:15am-6:30am Pickleball BEGINNERS ONLY B-ball Ct.	5:15am-6:30am Pickleball BEGINNERS ONLY B-ball Ct.	5:15am-6:30am Pickleball BEGINNERS ONLY B-ball Ct.		9am-10am Fitcamp Angela	8:30am-11am Pickleball B-ball Ct.
8:00-9:00 Piloxing Gail						
9:30-10:30 ZUMBA Gail Starting 1/12	9:30-10:30 Cycle Gail	9:30-10:30 Piloxing Gail No Class 1/7	9:30-10:30 Step April	9:30am-10:15am Band + Strength Shelby		
9:30am-10:30am Senior Fitness Jane B-ball Ct	9:30am-10:30am Senior Fitness Jane B-ball Ct	9:30am-10:30am Senior Fitness Jane B-ball Ct	9:30am-10:30am Senior Fitness Jane B-ball Ct			
10:30am-1pm Pickleball B-ball Ct	10:45am-11:30am Band + Strength Shelby	10:30am-1pm Pickleball B-ball Ct	10:30am-1pm Pickleball B-ball Ct			
6pm-6:45pm Full Body Circuit Shelby	6pm-7pm Zumba Gail Starting 1/13	6pm – 7pm Cycle + Core Power Workout Angela				

Pickleball: For Non-School Days, Pickleball may be adjusted to accommodate our school age program and member participation.

Family Center Hours: M-F 5am-8pm; Saturday 8-4; Sunday 8-12